



AADI Recipe

- Bok Choy Tofu with Garlic Sauce

This is an easy and delicious recipe that you could try on Meatless Mondays.

Garlic Sauce

Ingredients:

- ½ cup low sodium chicken broth
- ½ teaspoon no salt black bean paste
- 2 tablespoons low sodium soy sauce
- 2 teaspoons sake or rice wine
- 1 ½ tablespoons sesame oil
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, grated
- 2 tablespoons onions, minced
- 2 tablespoons oyster sauce
- 1 packet sucralose*
- 1/8 teaspoon black pepper
- 1 tablespoon cornstarch

Directions:

1. Mix all the ingredients in a saucepan. Bring to boil over medium high heat, stir constantly. Remove from heat and set aside.
2. Refrigerate the unused sauce immediately. Refrigerate up to 5 days.

Servings: 4

**Sucralose is an artificial sweetener that contains no carbohydrate or calories. It can be purchased under the brand name Splenda or Nevella. You may substitute sucralose with the same amount of granulated sugar (1 packet of sucralose = 1 packet/1 teaspoon of sugar). Each teaspoon of sugar contains about 4 g of carbohydrate and 16 kcal.*



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Bok Choy Tofu with Garlic Sauce

Ingredients:

- ½ cup red bell pepper, julienned
- 1 cup peas, fresh or frozen
- 1½ cup bok choy, roughly cut
- 5 ounces firm tofu, sliced
- 3 fluid ounces Garlic Sauce (see above recipe)

Directions:

1. Arrange the vegetables in a heatproof baking dish, top with the tofu and steam over boiling water until the vegetables are cooked, about 5-7 minutes.
2. Carefully transfer the tofu and vegetables to a serving dish and top with the garlic sauce.

Servings: 1

Cooking Tips:

You can turn this recipe into a vegetarian recipe by replacing the chicken broth with vegetable broth.

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
Calories 310	Calories from Fat 90
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Sodium 650mg	27%
Total Carbohydrate 35g	12%
Dietary Fiber 10g	40%
Sugars 0g	
Protein 21g	42%

*Percent Daily Values are based on a 2,000 calorie diet.